

Full Report (All Nutrients) 09073, Cherries, sweet, canned, light syrup pack, solids and liquids

Report Date: October 03, 2015 20:50 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.71 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Refuse: 8% Refuse Description: Pits

| Nutrient | Unit | 1 Value Per 100 g | Data points | Std. Error | 1 cup, pitted 252g |
|-----------------------------|------|-------------------|-------------|------------|--------------------|
| Proximates | | | | | |
| Water | g | 81.56 | -- | -- | 205.53 |
| Energy | kcal | 67 | -- | -- | 169 |
| Energy | kJ | 280 | -- | -- | 706 |
| Protein | g | 0.61 | -- | -- | 1.54 |
| Total lipid (fat) | g | 0.15 | -- | -- | 0.38 |
| Ash | g | 0.38 | -- | -- | 0.96 |
| Carbohydrate, by difference | g | 17.29 | -- | -- | 43.57 |
| Fiber, total dietary | g | 1.5 | -- | -- | 3.8 |
| Sugars, total | g | 15.79 | -- | -- | 39.79 |
| Minerals | | | | | |
| Calcium, Ca | mg | 9 | -- | -- | 23 |
| Iron, Fe | mg | 0.36 | -- | -- | 0.91 |
| Magnesium, Mg | mg | 9 | -- | -- | 23 |
| Phosphorus, P | mg | 18 | -- | -- | 45 |
| Potassium, K | mg | 148 | -- | -- | 373 |
| Sodium, Na | mg | 3 | -- | -- | 8 |
| Zinc, Zn | mg | 0.10 | -- | -- | 0.25 |
| Copper, Cu | mg | 0.145 | -- | -- | 0.365 |
| Manganese, Mn | mg | 0.060 | -- | -- | 0.151 |
| Selenium, Se | µg | 0.0 | -- | -- | 0.0 |

Vitamins

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup, pitted 252g |
|--------------------------------|------|------------------------|----------------|------------|-----------------------|
| Vitamin C, total ascorbic acid | mg | 3.7 | -- | -- | 9.3 |
| Thiamin | mg | 0.021 | -- | -- | 0.053 |
| Riboflavin | mg | 0.041 | -- | -- | 0.103 |
| Niacin | mg | 0.403 | -- | -- | 1.016 |
| Pantothenic acid | mg | 0.127 | -- | -- | 0.320 |
| Vitamin B-6 | mg | 0.030 | -- | -- | 0.076 |
| Folate, total | µg | 4 | -- | -- | 10 |
| Folic acid | µg | 0 | -- | -- | 0 |
| Folate, food | µg | 4 | -- | -- | 10 |
| Folate, DFE | µg | 4 | -- | -- | 10 |
| Choline, total | mg | 4.1 | -- | -- | 10.3 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 |
| Vitamin A, RAE | µg | 8 | -- | -- | 20 |
| Retinol | µg | 0 | -- | -- | 0 |
| Carotene, beta | µg | 94 | -- | -- | 237 |
| Carotene, alpha | µg | 0 | -- | -- | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 |
| Vitamin A, IU | IU | 157 | -- | -- | 396 |
| Lycopene | µg | 0 | -- | -- | 0 |
| Lutein + zeaxanthin | µg | 57 | -- | -- | 144 |
| Vitamin E (alpha-tocopherol) | mg | 0.23 | -- | -- | 0.58 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 |
| Vitamin K (phylloquinone) | µg | 1.4 | -- | -- | 3.5 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 0.034 | -- | -- | 0.086 |
| 4:0 | g | 0.000 | -- | -- | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 |
| 10:0 | g | 0.000 | -- | -- | 0.000 |
| 12:0 | g | 0.000 | -- | -- | 0.000 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 cup, pitted 252g |
|------------------------------------|------|------------------------|----------------|------------|-----------------------|
| 14:0 | g | 0.001 | -- | -- | 0.003 |
| 16:0 | g | 0.024 | -- | -- | 0.060 |
| 18:0 | g | 0.008 | -- | -- | 0.020 |
| Fatty acids, total monounsaturated | g | 0.042 | -- | -- | 0.106 |
| 16:1 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| 18:1 undifferentiated | g | 0.041 | -- | -- | 0.103 |
| 20:1 | g | 0.000 | -- | -- | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.046 | -- | -- | 0.116 |
| 18:2 undifferentiated | g | 0.023 | -- | -- | 0.058 |
| 18:3 undifferentiated | g | 0.023 | -- | -- | 0.058 |
| 18:4 | g | 0.000 | -- | -- | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 |
| Other | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 |
| Theobromine | mg | 0 | -- | -- | 0 |

Languag Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1091 SWEET CHERRY
- C0139 FRUIT, PEEL PRESENT, CORE, PIT OR SEED REMOVED
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0136 SUGAR OR SUGAR SYRUP ADDED
- J0123 STERILIZED BY HEAT
- K0013 PACKED IN LIGHTLY SWEETENED WATER OR JUICE
- M0194 CAN, BOTTLE OR JAR
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0220 NOT DRAINED